

Mac News

The latest Weston General Hospital cancer news, views and announcements



Matrons Musings: Amanda Bessant

Well, what can I say other than....the Macmillan Mighty Hike in the Lake District was an absolutely FANTASTIC experience !

We battled the often challenging hike & rocky terrain.....with only one blister between the four of us.....while the sun shone, accompanied by a delightfully welcome, intermittent breeze
In the past I have taken part in a number of charity events but the level of organisation & attention to detail on the Macmillan Mighty Hike was superb & by far the best event I have taken part in.

There are so many positives to share.....from the time we boarded the coach to the start line, the ease of registration & collecting microchipped bib numbers, the cold water refilling stations, the snack stops....I must confess I was like the proverbial child in a sweet shop.....fortunately I needed to complete the 26 mile course which prevented me filling my rucksack with numerous delicious goodies.....spectacular views that filled us with awe, the Macmillan volunteers supporting us along the route, the camaraderie of fellow hikers, stopping for lunch overlooking the lake was THE most breath-taking pit stop, smiling for photographers who encouraged us along the way, the cheering crowds when we crossed the finish line, the medal & glass of bubbly, posing for our 'finishers' photo.....available for free download the next day....& finally the atmosphere of the post hike meal, it was truly one of those times that will be logged in each of our memory banks for many years to come.

The Macmillan Mighty Hike is something I highly recommend, whether it is the half or full marathon distance....we clearly all had a great experience as we have already agreed to register for next years Macmillan Mighty Hike...but which one of the 14 locations will it be????



Update from OHDU - Welcome to Chris Oxenham

Hello, my name is Chris Oxenham and I am the newest member of the OHDU unit and the only male staff nurse in the Nursing team!

I live in Locking with my wife and 2 cats but I am originally from Billericay, Essex. I moved to the South West in 1993 to begin my Nurse training at UWE, where I qualified as a Registered General Nurse in 1996. During my nurse training I met my lovely wife and we have both been nursing for over 20+ years. Over this time I have been fortunate to have worked in many different healthcare settings, from medical and surgical wards, ITU and more recently within community care. I am delighted to join the OHDU team and I am grateful for the opportunity to develop new skills and become a valued member of this amazing team.



ACUTE ONCOLOGY SERVICE

Our team of Specialist Nurses provide comprehensive support if you have patients with:

- New cancer diagnosis
- Complication of cancer (incl. MSEC, Brain mets & SVCO)
- Treatment complications

Think AOS!
Bleep 310 or call x3990

AOS team based at WGH cover Mon - Fri (09:00-17:00)

Team Changes: Haematology Team



We Are The Haem Team!

The Macmillan Haem Team in Weston consists of three Clinical Nurse Specialists, (Hilary Fouracres, Anna Murawska and Alex Dela Cruz), and our Cancer Support Worker, Nicola Patch.

We care for and support all patients with a Haematological condition, including myeloma, lymphoma and leukaemia, however we also have patients with lifelong conditions such as haemochromatosis or anaemia. Some of our patients undergo bone marrow transplant in Bristol. Many of our patients receive chemotherapy or other treatments, however we also monitor and review patients who do not need treatment at the moment. We have a number of patients who need regular blood product transfusion to support their quality of life.

Whilst Weston Hospital doesn't have a dedicated Haematology ward, we oversee and support patients who are admitted, working alongside the ward teams as needed. We also give information and advice on Haematology matters.

You can contact us on x3316/3404/7403, and Nicola on x3991, or you can ask for us via the Macmillan Centre.

Gemma Shaw - PCS Manager



I'm Gemma the Cancer Support and Personalised Care Manager for Bristol and Weston Super Mare. I started this role in Dec 2021 and enjoy the new post immensely.

I have been working as a nurse in the NHS since 2001 and in cancer services for the last 18 years.

I work with the cancer support workers in Bristol and Weston and have enjoyed bringing the teams closer together and supporting one another. I also line manage both Cancer Information and Macmillan Centre.

I look forward to exciting new projects and future developments in how we manage people living with cancer before, during and after treatment

I am passionate about people having access to information and support in a calm, normal manner and feel we should constantly be striving to offer an excellent service.

In my spare time I work in the community with the local foodbank and church, I am also a demon crochet addict.

I am loving spending time across sites and enjoying meeting all the teams and new faces in Weston.

Please contact me if you want any further information or discussion.

Last word: The Macmillan Engagement Leads (MEL)

Contact the Macmillan Support centre on :
01934 881079
Ex 5079 or email :
WGHEmacmillansupport
centre@UHBW.nhs.uk

**For information, support or
just someone to talk to,
call 0808 808 00 00 or visit
macmillan.org.uk**

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Macmillan Engagement Leads (MEL) have a remit to work with communities (individuals and groups) to build their capacity and use an asset based community development (ABCD) approach. The main focus is:

- To listen and understand the lived experience of people living with cancer.
- To create opportunities to listen and learn from people living with and affected by cancer, to understand what matters to them and to amplify their voices.
- To use insight to ensure services and support are responsive to and meet the needs of everyone living with, or beyond cancer.
- Where gaps or unmet needs are identified, we work closely with people living with cancer (PLWC), community health partners and the voluntary and community sector (VCS) to develop and co-design new or improved services to improve outcomes.

MELs build relationships with local user groups and community organisations which are focussing on health and wellbeing or working with a particular demographic or inequalities group.

MELs also tap in to local Healthwatch and regional voluntary sector infrastructure bodies (CVS).

MELs can assist the information centres in realising outreach plans. They can introduce you to partner organisations (and venues) in the community whom you can work with directly to plan appropriate outreach activities. These organisations can ensure that any events you plan have targeted publicity and communications.



Kathleen Gillet (Previous MEL for Somerset)

"When I heard at the Steering Group about Emma's ambitions for outreach for the Information Centre I immediately started to talk with Emma about it. We found that we shared a vision of the centre as not only a resource for local cancer patients and the hospital's clinicians but also a resource for the wider population of Weston and North Somerset.

The centre is a welcoming and attractive physical space, but the support team don't need to sit and wait for people to come to them they can also go out to people in the community where they live.

Emma and I shared what we knew about health inequalities across North Somerset and noted gaps in our knowledge. We identified the geographical areas and the population groups which were most likely to have a poorer cancer experience and would be less likely to seek support at the centre and we made a plan to engage with them."



Kathy Tasker (Current MEL for Somerset)

Until lockdown in early 2020 the centre provided a monthly pop up stand at the For All Healthy Living Centre in South Ward - These are due to restart from September 2022 and give an opportunity for local people to find out more about the centre and share their experiences.

Joint working is ideal since Macmillan Engagement Leads bring knowledge of voluntary sector forums and initiatives and the Centre team bring their cancer information and support skills as well as hyperlocal insight.

Contact: ktasker@macmillan.org.uk